

FORT SAM HOUSTON News Leader

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"HOME OF ARMY MEDICINE"

Safety Day puts focus on summertime hazards

Story and photo by Cheryl Harrison
Fort Sam Houston Public Information
Office

Memorial Day weekend, 101 Critical Days of Summer and safety all are somewhat synonymous and usually mentioned in the same sentence.

As a reminder of the upcoming dog days of summer and hazards involved, Fort Sam Houston and the Army Medical Department Center and School

held a Safety Day event Tuesday on MacArthur Parade Field with temperatures sweltering around the 95 degree mark. All sobering reminders that summer is here and safety needs to be uppermost on our minds.

Opening the event with stern, yet important reminders about summer hazards and keeping safety first was Col. John Cook, commander, 32nd Medical Brigade, "I charge you with the

See SAFETY P9



Beer goggles

A Soldier dons goggles and drives a golf cart with a safety rider on the obstacle course to experience how it feels to drive while impaired. The course, sponsored by the 470th Military Intelligence Brigade, was a popular event at Safety Day Tuesday.

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Soldiers compete for elite medical badge

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New program offers 'Care for the Caregivers'

By Elaine Wilson
Fort Sam Houston Public Information
Office

The U.S. Army Institute of Surgical Research here has launched a program aimed at caring for a segment of the military population much more accustomed to administering care than receiving it.

The program, called Care for the Caregivers, is designed to identify and treat a syndrome called Compassion Fatigue in military health care providers.

Compassion Fatigue, also

"Compassion Fatigue is when caregivers have such deep empathy they develop symptoms of trauma similar to the patient."

Col. Kathryn Gaylord
Director of the USAISR Care for the Caregivers program

known as secondary traumatic stress disorder, is defined as the emotional residue or strain of exposure of working with patients recovering from traumatic events.

The relatively new term, coined by Dr. Charles Figley in the 1990s, is becoming increasingly popular in today's war as

caregivers are faced with the long-term care of trauma patients surviving the battlefield in greater numbers than ever before.

"We're starting to notice signs of Compassion Fatigue in caregivers of wounded warriors," said Col. Kathryn Gaylord, director of the USAISR Care for the

Caregivers program. "Caregivers are giving everything of themselves to care for patients, but there's a price sometimes associated with that."

Taxed by deployments of their own and the complicated care of severely wounded servicemembers, caregivers are beginning to exhibit signs of trauma normally reserved for patients. With symptoms such as heightened irritability, anxiety, depression and sleep disturbances, the syndrome bears a marked resemblance to Post

See CAREGIVERS P8

Free symphony concert

The Tobin Endowment will sponsor a concert presented by the San Antonio Symphony Sunday at 8 p.m. at MacArthur Parade Field at the corner of New Braunfels and Stanley Roads. Activities begin at 6 p.m. with an instrument petting zoo, live entertainment by the Tailpipes, face painting and food. A fireworks display will follow the concert. The event is free and open to the public. For more information, call 554-1010 or visit www.sasymphony.org.



Memorial Day ceremony

The Fort Sam Houston National Cemetery will host a Memorial Day ceremony Monday at 9 a.m. The ceremony includes a musical prelude by the Army Medical Command Band, choral selections by the Alamo Metro Chorus, and a presentation of military and civic leader wreaths. The guest speaker will be U.S. Senator John Cornyn. Cornyn will also present Gold Medals of Remembrance to children of fallen servicemembers. For more information, call 820-3891.



For more information,
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E-MAIL NEWS LEADER AT: NEWS.LEADER@CONUS.ARMY.MIL

Commander aims for accident-free holiday weekend

The Memorial Day weekend traditionally kicks off the summer vacation season when we will travel with our Families and friends. Long weekends multiply the risk for serious injury or death involving traffic accidents. Our goal for the Memorial Day holiday weekend is an accident-free weekend for Soldiers, Family members and civilian employees. To accomplish this, I need you to support a strong safety campaign.

Planning ahead and applying Composite Risk Management procedures can greatly reduce the risks we face. Off-duty accidents represent nearly 75 percent of all Army accidents suffered so far this year. Three areas are responsible for more than two-thirds of these off-duty Army accidents: privately owned vehicles, drowning and fatigue. For those planning to travel, use the Travel Risk Planning System located at the Combat Readiness/Safety Center Web site, <https://crc.army.mil/home/>. When boating, use designated, non-drinking boat captains, water lookouts, and an approved personal flotation device for each person in the craft.

Lessons learned from the accidents of fiscal year 2007:

- The Army experienced 15 drowning accidents in 2007, more than the previous two years combined. Half of these accidents were in the proximity of land. Swimming close to or standing on

land may lead to overconfidence regarding undercurrents, hypothermia and fatigue.

• Fatigue is present more often than alcohol in off-duty accidents. In the last 10 years, fatigue has been a factor in claiming an average of 75 lives each year. As Soldiers and professionals, we often push ourselves beyond the limits of common sense, especially during those precious moments when we can get away and relax. While rest cycles are often mission, enemy, terrain, troops and time (METT-T)-driven during a deployment, all Soldiers must be responsible for the amount of rest they get while not deployed.

Leaders must emphasize sexual assault risks, prevention, and responses in their holiday safety briefings. An excellent video and guidance is available at www.sexualassault.army.mil.

Brief your personnel on the risks of alcohol-related activities to their health, careers and to their Families. Remain alert to the hazards we each face every day. I hope you enjoy your holiday and the summer. But above all, I want you to enjoy it safely.

RUSSELL J. CZERW
Major General, DC
Commanding

Be smart, safe this summer

Tragically, last year during the 101 days between Memorial Day and Labor Day 77 servicemen and women died in private motor vehicle accidents. While Memorial Day marks the beginning of summer, it also means increased traffic on our nation's roads.

Know that the choices you make at sporting events, barbecues, and other summer activities can impair your judgment and reaction times - all of which are necessary for safe driving.

Don't put your life, or the lives of others, in danger by making poor decisions. Most vehicle accidents are the result of alcohol, fatigue and excessive speed. Your safety, and the safety of those around you, is in your hands.

Enjoy the summer and all it has to offer, but be smart and be safe.

Robert M. Gates
Secretary of Defense



Editorial Staff

Army Medical Department Center
and School and Fort Sam Houston
Commander

Maj. Gen. Russell Czerw

Garrison Commander

Col. Wendy Martinson

Public Affairs Officer

Phillip Reiding

Editor/Writer

Elaine Wilson

Staff Writers

Cheryl Harrison

Minnie Jones

Olivia Mendoza

Layout Artist

Lori Newman

News Leader office:

1212 Stanley Road
Building 124, Suite 4
Fort Sam Houston, Texas
78234-5004, 210-221-0615,
DSN 471-0615
Fax: 210-221-1198

News Leader Advertisements:

Prime Time Military Newspapers
7137 Military Drive West
San Antonio, Texas 78227
Phone: 210-675-4500
Fax: 210-675-4577

News Leader e-mail:

news.leader@conus.army.mil

News Leader online:

www.samhouston.army.mil/pao/default.html

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News Briefs

Town Hall meetings

U.S. Army Garrison Commander Col. Wendy Martinson will hold three town hall meetings between Wednesday and June 3 to discuss Base Realignment and Closure and other transformation projects, issues with proposed construction "bubbles," and timelines. The town hall meetings will be held at the Army Community Service, Building 2797 on Stanley Road.

The meetings will take place:

- Wednesday from 1 to 2 p.m. for U.S. Army Garrison and tenant personnel whose last name begins with A through M.
- Wednesday from 6 to 7 p.m. for housing residents.

- June 3 from 3 to 4 p.m. for U.S. Army Garrison and tenant personnel whose last name begins with N through Z.

For special needs or accommodations, call Jackie Schlatter at 221-1765 or e-mail jackie.schlatter@us.army.mil.

Asian Pacific American Heritage Month Expo

U.S. Army South will sponsor an Asian Pacific American Heritage Month Expo Saturday from 11 a.m. to 5 p.m. in the commissary parking lot. For more information, call Sgt. 1st Class Megan Grant at 295-6800. To request reasonable accommodations for a disability, call 221-0218.

Military Spouse Appreciation Day

The 2008 Military Spouse Appreciation Day will be celebrated with an open house Tuesday from 2 to 4 p.m. at Army Community Service, Building 2797, in the auditorium. This event is to honor the husbands and wives of servicemembers for the significant sacrifices they make for freedom's cause and to show them that they are an integral part of the success of the armed forces. The event includes goodie baskets and a slideshow featuring ACS programs. Refreshments will be served. For more information, call 221-2705.

Asthma, Allergy Awareness Day

Celebrate Asthma and Allergy Awareness Day Wednesday from 10 a.m. to 3 p.m. in the Brooke Army Medical Center medical mall. Free screening pulmonary function tests will be available. Asthma and allergy educators will be on site to answer questions and to provide tips for improving asthma and allergy control. The event is sponsored by the pulmonary disease medicine, pediatrics and allergy clinics.

Sports eye protection campaign

To help address the need for sports eye pro-

See NEWS BRIEFS P4



Courtesy graphic

Harney Road closure

Harney Road will close between Forage Avenue and Garden Avenue starting June 19 to accommodate construction of the Medical Education and Training Campus Dining Facility. The METC is one of the primary projects of the San Antonio Base Realignment and Closure program. Along with the dining facility, the medical campus will include new dormitories and five new instructional facilities.

Taking care of Families

Children of deployed, injured troops share experiences at Camp C.O.P.E.

By Elaine Wilson

Fort Sam Houston Public Information Office

A handful of teens sit around in a circle threading beads to make bracelets as Big Kenny Alphin, from country duo Big & Rich, breaks out in song. He sings with passion as he threads a bracelet, hoping to spread a message of encouragement to the teens.

The 16 and 17-year-olds are all children of wounded or deployed servicemembers. They gave up a sunny Saturday to spend the day at school and share their experiences, and pain, at Camp C.O.P.E.

One of the teens, senior Kaleigh Oswald from Robert G. Cole High School here, has a father deployed to Afghanistan and a brother to Iraq. Her school counselor, Julie Coffey, encouraged her to come to the camp to talk about her experiences.

"It helps to talk to others," Oswald said. "We're all bonding really well; we can relate to each other."

Camp C.O.P.E., which stands for Courage, Optimism, Patience and Encouragement, is a day of activities and support groups designed to help youth better cope with the effects of war, deployments, and the sacrifices they are asked to make on a daily basis. More than 70 children and teens from Fort Sam Houston and the local area participated in the camp, which was held at the Robert G. Cole Middle School here.

Big pauses from his singing, and

beading, to talk to the kids with the same passion he brought to his music. "Whenever you see someone you love hurting, breathe in," he said, raising his arms overhead, "then breathe out. Let it all out. Cast as much good and positiveness you can into the situation."

"No one can imagine the stuff you've gone through, but you're an inspiration," he said.

The camp's founders, Elizabeth Reep and Sarah Balint, from Dallas, listen to Big nearby. They too feel children of servicemembers are inspiring.

The founders started the camp in 2006 to reach out to children of wounded servicemembers. Reep had first-hand experience since her husband was wounded in Iraq in 2003. After her stepsons started acting out, Reep realized that other children were probably suffering too.

"Our boys reacted just like most children of deployed or injured Soldiers do," she said. "I realized that there were probably hundreds of thousands of children going through the same ordeal and needed help coping with these emotions and fears."

Wanting to help, Reep partnered with Balint, and they set up their first camps at the Road to Recovery Conference and Tribute in Orlando in 2006 and 2007 to care for children of injured servicemembers while their parents attended the conference.

With an overwhelmingly positive response, they decided to expand the curriculum to include children of



Photo by Olivia Mendoza

Zackery Rey writes inside a fragment from a broken flower pot Saturday during a Camp C.O.P.E. activity at the Robert G. Cole Middle School. The flower pot pieces represented a broken Family. Camp counselors asked the children to write a sad word on the inside and a happy word on the outside, then glued the pot together to show the resiliency of military Families.

deployed troops, and to take their camp on the road.

Around that time, they received a letter from Melanie Morgan, a Fort Sam Houston Elementary School teacher whose husband had been wounded in combat. Morgan connect-

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News Briefs

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tection, Maj. Adrienne Ari, chief of Brooke Army Medical Center optometry and residency director, along with Capt. David Meltzer, BAMC optometry resident, will present "Operation See Victory," a sports eye injury prevention campaign May 31 from 9 a.m. to 12 p.m. at the Fort Sam Houston Youth Services Baseball Complex. Operation See Victory is an official Keeping Injury Down in Sports program of the American Optometric Association.

Free CPR class

The Fort Sam Houston community is invited to the American Heart Association Family and Friends Cardiopulmonary Resuscitation Course June 5 starting at 8 a.m. at the Jimmy Brought Fitness Center. Each class is two-and-a-half hours long and certificates will be awarded upon completion. For more information or to sign-up, e-mail 1st Lt. Kristen Shear at Kristen.shear@amedd.army.mil by May 30.

BAMC Trauma Center verified as Level 1

The trauma center at Brooke Army Medical Center has been verified as a Level 1 trauma center by the Committee on Trauma of the American College of Surgeons. This achievement recognizes the trauma center's dedication to providing optimal care for injured patients. The designation is effective through May 2010. Established by the American College of Surgeons in 1987, the verification program promotes the development of trauma centers in which participants provide not only the hospital resources necessary for trauma care, but also the entire spectrum of care to address the needs of all injured patients. This spectrum encompasses the pre-hospital phase through the rehabilitation process.

Smoking Quitline

The San Antonio Military Medical Center Smoking Quitline will be available to active duty and reserve personnel starting this summer. The quitline is a telephone counseling service that will offer two different intervention formats to help individuals quit using tobacco. The program will include telephone counseling and nicotine replacement therapy at no cost to the participant. The quitline is a joint effort between the military, University of Tennessee, and the National Heart Lung and Blood Institute. For more information, call Karen LeRoy at 292-3504 or e-mail kleroy1@utmem.edu or Dr. Angela Tonozzi at atonozzi@utmem.edu.

Wounded Soldiers honored at BAMC

Eleven Warriors in Transition receive Purple Hearts

Story and photo by Jen Rodriguez
Brooke Army Medical Center

A Purple Heart ceremony held May 12 was a show of appreciation for all men and women wearing the uniform with a special acknowledgment to the Families for their love, support and sacrifice.

"It's a privilege to capture a snapshot of the Soldiers and Families on this stage," said guest presenter Maj. Gen. Keith Huber, U.S. Army South commanding general, who commended the Families for their sacrifice in support of their Soldiers.

"Sacrifice is your definition that you (Soldiers) live everyday in uniforms to perform our duty," he said. "It's the sacrifice of a father or mother to assume the roles of both parents."

Huber defined a hero as one who risks and sacrifices his life. Sacrifice he said, is the forfeiture of something of great value for greater value.

He said Families are the heroes.

Cpl. Oscar Liberato, a tanker assigned to F Troop, 2nd/3rd Armored Cavalry Regiment, 1st Armored Division, echoed Huber's remarks. He thanked his Family for their moral support, and also asked that everyone remember those who were still serving in Iraq.

Liberato was injured March 10, when his vehicle was struck by an improvised explosive device. He sustained burns to his face and other combat injuries.

In addition to the Purple Heart, he received the Combat Action Badge, which recognizes Soldiers who personally engage the enemy or are engaged by the enemy during a combat operation.

Spc. Jourdan Smith also received an Army Commendation Medal for Valor, presented to Soldiers for sustained acts of heroism or meritorious service, along with his Purple Heart.

Smith, assigned to A Company, 2nd Battalion, 3rd Infantry Regiment, 3rd Brigade, 2nd Infantry Division, was injured May 26, 2007, while on a route clearing mission.

He said in East Baghdad, "a Stryker in my platoon was directed to move forward one block when suddenly an IED exploded. My squad immediately filed out of the courtyard approximately one block behind the Stryker."

At the scene, the infantryman noticed the hatch of the vehicle had been blown open and in flames.



(From left) Lt. Col. Richard Rhyne, Sgt. John Smith, Sgt. Norman Smith, Cpl. John Hyland, Cpl. Oscar Liberato, Spc. Jedidiah Bryan, Spc. Carlos Cortez, Spc. Jourdan Smith, Spc. Harrison Wooldridge, Pfc. Walter Bailey and Pfc. Craig Chambliss were honored by more than 75 Soldiers, medical staff, civilians and Family members at a Purple Heart ceremony May 12 at Brooke Army Medical Center.

"We then secured the intersection. My squad leader Staff Sgt. Santos and I approached the Stryker to extract our injured comrades, when all at once we received small arms fire from three different locations," he said.

It wasn't until Smith's third trip to the vehicle that he was shot in the leg and collapsed.

"I crawled to cover until one of my squad members grabbed me and pulled me out," said Smith, who sustained a gunshot wound to his right leg. "I was then medevaced out."

The remaining nine Purple Heart recipients are:

Lt. Col. Richard Rhyne, assigned to 1st Special Troops Battalion, 1st Bde. Combat Team, 101st Airborne Div., was injured April 12. While conducting an air assault mission with Joint Iraqi Police and coalition forces in Tikrit, Rhyne was wounded by an IED with injuries to his right shoulder and other combat injuries.

Sgt. John Smith, an infantryman assigned A Co., 2nd Bn., 30th Inf. Regiment, 4th Bde. Combat Team, 10th Mountain Div., was injured Jan. 12. The Texas native was on a mission when his vehicle was struck by an IED resulting in his combat injuries.

Sgt. Norman Smith, a tank gunner and Fort Worth native assigned to G Troop, 2/3 Armored Cavalry Regiment, was injured March 27. While attempting to render aid to Soldiers who were involved in two separate explosions by an IED, Smith's vehicle was also struck by an IED resulting in his combat injuries.

Cpl. John Hyland, a cavalry scout

assigned to B Troop, 6-9 Armored Recon, 3-1 Bde., 25th Inf. Div., was injured Sept. 10. While on a rescue mission in Mugdadiyah, Iraq, Hyland was on a lead vehicle when it was struck by IED, resulting in his combat injuries.

Spc. Jedidiah Bryan, serving as a motor support operator assigned to the 418th Transportation Co., 55th Sustainment Bde. was injured March 12. During a routine convoy, Bryan's vehicle was struck by an IED and an improvised rocket launcher resulting in vision problems and other combat injuries.

Spc. Carlos Cortez, serving as an infantryman assigned to A Co., 2nd Bn., 30th Inf., 4th Bde. Combat Team was injured Jan. 12. While on a convoy mission, Cortez's vehicle was struck by an IED resulting in fractured tendons in his left hand and other combat injuries.

Spc. Harrison Wooldridge, of E Co., 1st Bn., 64th Armor Regiment, 2nd Bde., 101st Airborne Div., was injured Feb. 5 when he was struck by an explosively formed projectile. Wooldridge sustained injury to both legs.

Pfc. Walter Bailey, serving as a forward observer assigned to Headquarters and Headquarters Co., 4th Bn., 10th Inf., was injured March 30. During a recovery mission, Bailey's vehicle was struck by an EFP, resulting in his combat injuries.

Pfc. Craig Chambliss, a motor transport operator assigned to the 418th Trans. Co., 55th Sustainment Bde., was injured Feb. 10. While on convoy, Chambliss' vehicle was hit by an anti-tank mine resulting in his combat injuries.

Armed Forces Day picnic thanks community

Story and photos by Esther Garcia
Fort Sam Houston Public Information Office

An Armed Forces Day picnic that included a barbecue and music was held Saturday at the future site of the Warrior and Family Support Center on George Beach Boulevard.

Guests included military personnel and their Families, and members from the San Antonio and surrounding communities.

The picnic was an opportunity to thank the community for their generous donations in support of the injured warriors who are recuperating at Brooke Army Medical Center from injuries sustained during Operations Iraqi and Enduring Freedom.

The Returning Heroes Home project is one such donation. The new center is a 12,000-square-foot replacement building for the existing 1,200-square-foot Warrior and Family Support Center located in the second floor of the Powless Guest House.

The Warrior and Family Support Center, formerly called the Soldier and Family Assistance Center, was first opened in 2003. The center has had more than 150,000 visits. Most of these visitors are Family members of the injured servicemen and women who are receiving treatment at BAMC.

The center was developed when physicians at BAMC realized that Families are an integral part of a patient's rehabilitation and recovery. They needed a place away from the hospital environment and out of living quarters where they could be part of their loved ones healing process.

The Warrior and Family Support Center offers help for these needs plus much more.

Judith Markelz, manager of the center, offers a home away from home atmosphere to injured warriors including those who have been severely burned, suffered traumatic injuries or have lost limbs. The center is supported by donations and gifts from businesses, civic and veteran's organizations and individual community members. In addition to monetary donations, the center accepts a wide variety of gifts including phone cards, baked goods and special event tickets. The center also has Internet access and support services. But, because of its popularity, the place has outgrown itself.

The new center will include private counseling rooms and a computer learning area where troops and spouses can earn college credits online. Brothers Steve and Les Huffman of Huffman Developments are leading the project. During the picnic, AT&T presented Huffman Developments with a \$500,000 donation for the Returning Heroes Home Fund and USAA presented a \$150,000 donation. The home is expected to open in the fall of 2008.



Military personnel and their Families and members of the civilian community enjoy a barbecue underneath the shade of a huge canopy. The picnic was an opportunity to thank the community for their generous donations to injured warriors recuperating at Brooke Army Medical Center.



(From left) Les Huffman, board member, Returning Heroes Home; Dennis Noll, chairman of the board, Returning Heroes Home; and Bob Dickemper, board member, Returning Heroes Home, accept a \$500,000 donation from Jim Jamison, director, external affairs, AT&T, for the Returning Heroes Home Fund during the Armed Forces picnic.

Wounded warrior assumes responsibility of 187th Med. Bn.

Story and photo by Elaine Wilson
Fort Sam Houston Public Information Office

When Command Sgt. Maj. Mark Cornejo was wounded in Iraq, he had to return stateside for medical treatment, reluctantly leaving his comrades and mission behind.

But one thing that never left him was his desire to serve.

After three months of inpatient treatment and more than five months in rehabilitation at Brooke Army Medical Center, Cornejo assumed responsibility of the 187th Medical Battalion from Master Sgt. Dwight Wafford during a ceremony May 13 at the battalion headquarters here.

"Giving up never entered my thought process," said Cornejo, speaking of his recovery. "It wasn't if, it was when I was going to get back. I just wanted to know how fast I could get fixed so I could get back."

Cornejo deployed with the 3rd Corps out of Fort Hood, Texas, in November 2006 as the chief medical NCO for the Corps staff. He was wounded Sept. 11, 2007, when the forward operating base he was stationed at in Iraq came under attack by mortar fire. He and 10 other Soldiers were

wounded.

"I suffered shrapnel wounds on the left side of my body and left shoulder," he said.

He underwent extensive physical rehabilitation at BAMC and is now working on building strength in his shoulder.

Cornejo found out he was selected for command sergeant major while deployed, and, during his recovery at BAMC, was pleased to learn his assignment would keep him at Fort Sam Houston.

"I was very happy. Since I'm a medic, I've come full circle. I'm back where I was trained 20 years ago," he said.

As the battalion command sergeant major, Cornejo has command responsibility over more than 450 instructors and nearly 6,000 Soldiers being trained throughout the year. The battalion is responsible for the logistics and training of eight Military Occupational Specialties, eight officer courses and nine additional skill identifiers.

Cornejo said he would like to bring lessons learned while deployed to his Soldiers.

"My hope is to shed some light on past experiences to



Command Sgt. Maj. Mark Cornejo, who was injured in Iraq in 2007, speaks at his change of responsibility ceremony May 13 at the 187th Medical Battalion headquarters. Cornejo assumed responsibility of the battalion from Master Sgt. Dwight Wafford.

magnify the importance of basic warrior tasks each Soldier needs to know," he said. "My goal is to provide realistic but safe training for our Soldiers."

During the ceremony, 187th Med. Bn. Commander Lt. Col. Michael Hershman thanked Wafford and his family and welcomed Cornejo and his two daughters, Kayla and Jenna. "He knows what is at stake for our young Americans that we train each day. We look forward to him applying the lessons he learned in combat to take our field training and Soldierization to new levels," Hershman said.



Photo by Esther Garcia

(From left) Col. John Cook, commander, 32nd Medical Brigade; outgoing Command Sgt. Maj. Stephen Maldonado; and incoming Command Sgt. Maj. Marshall Huffman stand at attention as Sgt. 1st Class Ronald Gardner prepares to present the colors for the 32nd Medical Brigade change of responsibility May 14.

32nd Medical Brigade welcomes new CSM

By Esther Garcia
Fort Sam Houston Public Affairs

The 32nd Medical Brigade welcomed incoming Command Sgt. Maj. Marshall Huffman during a change of responsibility held May 14 in Building 902.

Outgoing Command Sgt. Major Stephen Maldonado, who was serving as the interim command sergeant major, will return to his duties as the command sergeant major for the 264th Medical Battalion.

Col. John Cook, commander, 32nd Medical Brigade and host for the ceremony, spoke about the major contributions to the brigade in a short period of time. Cook said, "As the senior enlisted Soldier for the brigade, his vigilant priorities provided a safe environment

for all, and ensured the balance coupling of discipline and tactical training of both the leader and the led."

Huffman, from Montgomery, Ala., enlisted in the Army in January 1984 and entered Basic Training at Fort Jackson, S.C. Huffman completed combat medic training at Fort Sam Houston then immediately went to Basic Airborne School at Fort Benning, Ga. Huffman's numerous assignments have been stateside and overseas to include deploying in support of operations in Kosovo. Most recently, Huffman served as the command sergeant major for the 28th Combat Support Hospital in support of Operation Iraqi Freedom. He deployed to Bagdad, Iraq, with the 28th CSH for 15 months.

CAREGIVERS from P1

Traumatic Stress Disorder.

"Compassion Fatigue is when caregivers have such deep empathy they develop symptoms of trauma similar to the patient," Gaylord explained.

While similar in nature, Gaylord pointed out the difference between Compassion Fatigue and "burnout," an emotional exhaustion many people experience due to increased workload and institutional stress. Unlike Compassion Fatigue, burnout does not contain a trauma element.

Over time, Compassion Fatigue can lead a caregiver to grow distant from patients or, on the flip side, too close. Both can be detrimental to the patients and Families.

Caregivers at the USAISR Burn Center, for instance, treat the same patients for months or even years, which can lead to a strong connection, and a strong sense of failure, guilt and loss if a patient does not survive.

"We treat patient for many weeks to months, during which time they undergo

many operations and procedures," Gaylord said. "A strong relationship develops with the patient's Family — we get to know them very well."

Spc. Antonio Cevallos, a physical therapy technician at the USAISR, is familiar with the ongoing intensity of day-to-day care. He went from transferring patients wounded in Iraq via ground ambulance in Kuwait to treating wounded warriors in the burn center.

"I see a lot more here (at USAISR)," he said. "Compared to minutes or hours of one-on-one contact, it's days and weeks. It has its ups and downs."

Cevallos said he grew close to several patients, and was pained to see two patients deteriorate, then pass away.

"It's difficult at times," he said. "But what keeps me going is the fact that I'm helping other people. As long as I keep my purpose, it keeps me above water."

Caregivers are trained to be compassionate, but there is little training in the military on how to handle the stress of compassion, said Gaylord, who hopes to remedy the

problem through the Care for the Caregivers program.

The doctor describes the program as a combination of prevention training and treatment through the use of seminars and stress-management techniques.

"We have a series of world-renowned experts coming here to speak on topics such as grief, relaxation, nutrition and exercise," said Gaylord, who said the key to prevention is to find ways to manage and alleviate stress.

The seminars include education on the latest relaxation techniques to include Alpha Stim, which is cranial electrical stimulation, and vibration sounds that trigger the brain to relax.

Additionally, Gaylord and her staff are building a Respite Room at USAISR, which will serve as a peaceful haven caregivers can retreat to and regenerate. Wanting a state-of-the-art area, Gaylord contracted an architect who designed relaxation rooms for Nike and Hilton.

"The room will be very relaxing with a waterfall, music, massage chair, special motion chair and a video with



Photo by Elaine Wilson

Marcie Gemmill (left) and Col. Kathryn Gaylord, from the U.S. Army Institute of Surgical Research Compassion Fatigue program, talk with Maj. Philip Kochenburger, Brooke Army Medical Center chaplain, May 9 after a seminar presented by Dr. Terese Rando, from The Institute for the Study and Treatment of Loss in Warwick, R.I. Rando is one of several world-renowned speakers who will speak to caregivers throughout the year as part of the USAISR Compassion Fatigue program.

headsets," she said.

Gaylord also plans to integrate group sessions and questionnaires that will help identify issues and track the impact of the program.

Cevallos said having a support system at work is beneficial.

"Sometimes you need to talk to someone or relax with a group," he said. "I've sat down in a session and it was soothing. There's a sense of

comfort from being with other people who are going through similar experiences."

Maj. Philip Kochenburger, Brooke Army Medical Center chaplain, who attended a Compassion Fatigue seminar on loss, grief and trauma May 9, uses an airplane analogy to describe the importance of caring for caregivers.

"The flight attendants always tell you to put on your own oxygen mask first before you help others," he said. "The same is true of caregivers. They have to make sure they take care of themselves along with the patients."

Gaylord said the focus will remain on resiliency and mental well-being. "We'd like to eventually delve into the research aspects of this so we can determine what makes some people more innately resilient than others."

SAFETY from P1

care and safety of all your Soldiers, employees, Family members and friends. This is our solemn responsibility to each other while serving in the greatest Army in the world. Together we can make safety an everyday part of our lives. Have a great Safety Day, learn as much as you can, and have a fun and safe summer."

On hand for the event were

vendors available with safety items and displays, as well as printed material.

New this year to the outdoor event was an obstacle course where Soldiers as well as other visitors to the event could maneuver with a golf cart wearing Drunk Busters Impairment Goggles.

These unique goggles simulate effects of impairment, including reduced alertness, slowed reaction time, confu-

sion, visual distortion, alteration of depth and distance perception, reduction of peripheral vision, poor judgment and decision making, double vision, and lack of muscular coordination.

After finishing the course Spc. Phalina Thomas, U.S. Army South, said, "Everything looked wider than it actually is."

With a long waiting line, the popular safety demonstration was one that showed how it might feel to drive while under the influence. Soldiers wearing goggles that represented two to three beers or two times over the legal limit, had drivers all over the obstacle course and more aware of how dangerous it can be to drink and drive.

The 101 Critical Days of Summer campaign runs from Memorial Day to Labor Day each year. The campaign encompasses a time of increased travel and a corresponding increase in off-duty fatalities.

As the 101 Critical Days of Summer kicks off this Memorial Day weekend, safety is a priority when it comes to



Photos By Cheryl Harrison

(From left) Josie Poirier and Laura Grindle listen as Keith Wells, of Mine Safety Appliances, explains the benefits of different flak vests worn by special forces and other Soldiers at Safety Day Tuesday. The event was sponsored by Fort Sam Houston and the Army Medical Department Center and School.

summer activities. Alcohol use, heat injury prevention, driving safety, seatbelt compliance, boating, water sports and motorcycle safety are stressed when safety is concerned. Safety needs to be incorporat-

ed into not only daily lives, but off-duty hours as well.

For more information on safety issues, call the safety office at 221-3866 or visit <http://www.samhouston.army.mil/iso>.



Sgt. 1st Class Kevin Gill, Department of Veterinarian Services, enjoys a cool breeze from a portable evaporation cooler displayed at Safety Day Tuesday. Jim Magness, of Port-A-Cool, explains how the portable cooling system can be a health and safety benefit at events such as Safety Day when temperatures soared in the high 90s.

CAMP C.O.P.E. from P3

ed the founders with the Fort Sam Houston Military Child Education Coalition, comprising installation and Fort Sam Houston Independent School District leaders.

They worked together to bring the camp to Fort Sam Houston, which was a perfect fit with a large population of wounded and deployed warriors in the area.

"Fort Sam Houston has been more than accommodating," Balint said. "We're very

pleased with the support and the interest."

Counselors, administrators, custodial staff and food service workers from FSHISD and outlying areas donated their time to help Camp C.O.P.E. Two of those volunteers, school counselor Linda Reed and Jessica Crafton, assistant principal at the Fort Sam Houston Elementary School, were working in a nearby building with the 7 and 8-year-olds.

For their learning activity, Reed covered a flower pot with a towel and then smashed it

with a hammer. The pot represented a Family broken apart by war or injuries. The children were given a fragment and asked to write a sad word on the inside and a happy word on the outside.

"My word is sad," said 8-year-old Candace Reyes. Another girl chose the word anger.

The counselors then glued the pot back together to represent the resiliency and strength of military Families.

Dr. Gail Siller, FSHISD superintendent, said she sees that strength exhibited on a daily basis. "We feel very strongly that our kids are resilient, but we want to do everything we can to support their efforts."

A day packed with activities and group talk ended with a visit from a childhood favorite and Sesame Street star – Elmo. The younger children and the young at heart gathered around the red monster, who helped end a day of learning and emotion with laughter.

J.R. Martinez, a wounded warrior and a spokesman for the Coalition to Salute America's Heroes, also drew a crowd. The personable 24-



Photos by Olivia Mendoza

Spc. Daniel Acosta and son, Mario, visit with Sesame Street superstar Elmo after Camp C.O.P.E. wrapped up Saturday. The Camp offered children of deployed and injured warriors a day of group sessions and hands-on activities that were designed to teach coping skills and to show the children that they are not alone.

year-old with a ready smile spent the day with a teen group sharing his experiences. In April 2003, Martinez suffered severe burns to more than 40 percent of his body when the Humvee he was driving hit a landmine in Iraq. He underwent 32 surgeries and spent nearly three years recovering at Brooke Army Medical Center.

"I can relate to what they're going through and pass on the lessons that I've learned," said Martinez of his

day with the teens. "The camp is great. Taking small steps like this one to take care of military Families will help us get to the huge leaps later."

Balint said she simply hopes the participants walk away "knowing that they are not alone."

"It's good to know there are other people nearby I can talk to," said Oswald, who plans to keep in touch with some of her new friends from the camp. "It's better to talk than to bottle it up inside."



Big Kenny Alphin, from the country duo Big & Rich, shares his experiences with teens during Camp C.O.P.E. "I remember years ago thinking, if I could get that record deal, all my worries will be over, but it's a whole new batch," he said. "It all comes down to how you deal with it on a daily basis."

Don't become a statistic

Stay safe, sober when enjoying water activities

By Staff Sgt. Miguel Verdinez
Special to the News Leader

With hotter days approaching Soldiers and their Families will be frequenting water parks, lakes, rivers and beaches for water fun activities.

But they should not ignore the dangers that are associated with these activities. Last year, the Army lost about 15 Soldiers to swimming and boating accidents.

These are deaths that could have been prevented and accidents that could have been avoided if they had been more aware of potential dangers ahead of time.

According to the U.S. Army Combat Readiness Safety Center, the majority of the fatalities resulted because the Soldiers neglected to use something as simple as a life jacket and avoid the use of alcohol when operating boats and other machinery.

"Alcohol impairs judgment,

"Alcohol impairs judgment, causes poor vision, and low reaction time when it comes to driving or operating machinery that can ultimately lead to accidents and subsequently to loss of life."

*Sgt. 1st Class Willie Russ
Operations Sergeant, Directorate of Emergency Services*

causes poor vision, and low reaction time when it comes to driving or operating machinery that can ultimately lead to accidents and subsequently to loss of life," said Sgt. 1st Class Willie Russ, operations sergeant, Directorate of Emergency Services.

The National Highway Traffic Safety Administration reports that a person dies in an alcohol-related traffic accident with an average of one every 30 minutes. While most of these accidents involved privately owned vehicles on the highways, there are ever-increasing boating, swimming, water skiing, fishing and jet ski

accidents involving the use of alcohol and most, if not all, of these accidents could be prevented or avoided altogether.

Some of the most common factors related to water accidents are Soldiers' overconfidence in their swimming abilities and underestimating environmental factors, such as high temperatures and undercurrents.

Unfortunately, statistics show that every year off-duty fatalities will increase throughout the year and peak during the summer months of July, August and September. What this means for the Army, historically, is that the worst is yet to come.

To stop the trend, the following recommendations from the American Red Cross can help prevent accidents:

- Learn to swim. That is the best thing to do to be safe in and around water.
- Always swim with a buddy. Never swim alone.
- Protect skin; use at least SPF 15 and prevent sunburn.
- Obey water safety rules.
- Know swimming environment hazards.
- Observe weather conditions.
- Have children wear personal flotation devices.
- Swim in areas supervised by a lifeguard.
- Never mix alcohol with swimming, diving, boating or any water sports.
- Prevent, recognize and respond to emergencies. Call 911.
- Learn CPR. Take a course from the American Red Cross.

Along with some of these water safety rules, Morale,

See STAY SAFE P20



5K Fitness Run/Walk

The Jimmy Brought Fitness Center will hold a 5K fitness run/walk May 31 at 9 a.m. The free event is open to Department of Defense ID card holders. T-shirts are available for \$10. For more information, call 221-1234 or 221-2020.

Intramural Spring Softball Standings

May 15

Team	Win	Loss
4th Recon.	7	2
264th Med. Bn.	6	2
ARNORTH	5	2
USARSO	7	4
USAG	5	6
USAMITC	1	7
Silver Sluggers	0	8

Intramural Flag Football Standings

May 15

Team	Win	Loss
DENTAC	4	0
418th Med. Log.	2	2
470th MI	1	3
14th MI Bn.	1	3



Second Lt. Samantha Rieger, 72D environmental officer (foreground left), administers first aid to a Soldier suffering from a chest wound and prepares the Soldier to be transported to a recovery vehicle. An evaluator ensures that Soldiers administer first aid as required by the regulation.



Spc. Eric De Los Santos tends to a wounded Soldier after a simulated insurgent mortar attack during phase two of the competition May 15.



Soldiers enjoyed three meals a day at the forward operating base during the competition. Two of the three meals are delivered to the field in food-service containers called Mermits by Army cooks. The midday meal is Meals-Ready-to-Eat or MREs.

Tough test

Soldiers compete for elite medical badge

Story and photos by Minnie Jones
Fort Sam Houston Public Information Office

Soldiers from around the world came together for two weeks in May at Camp Bullis to compete for the coveted Expert Field Medical Badge and prove to their comrades that they are the "best of the best."

The EFMB competition is a realistic test that emulates what Army medics are required to do under combat conditions. Soldiers who attain this badge can truly call themselves experts because they have met the standards and challenges that were brought before them.

More than 170 candidates participated in this year's event with more than 154 personnel in various supporting roles to sustain the EMFB competition.

"Seventy-one individuals are from Fort Sam Houston running the three combat testing lanes, and we also

have 83 Soldiers awaiting training who are being utilized as squad leaders, team leaders and patients," said Capt. Werner Barden, training support commander at Camp Bullis.

The competition has a very high attrition rate for any combination of reasons — the Texas heat and climate, the practical application of the knowledge, and the physical stamina required, said Barden.

Open to all field medical personnel, the first week of the two-week competition is the evaluation phase, where instructors review testing standards with the Soldiers preparing them for the next phase of the competition.

During the second week, which is the testing phase, Soldiers begin the competition by maneuvering three combat medical lanes that cover tactical combat casualty care, medical and casualty evacuation, communications, warrior skills, day and night land navigation and a written test. The week culminates with a 12-mile road march.

Pvt. Hans Wittenberg, a combat medic assigned to the 5th Squadron, 15th Cavalry, Fort Knox, Ky., did not pass the competition, but said he wants to come back again, "I've wanted this for awhile, ever since I was in Advanced Individual Training. Next time I'll know what to expect; I'll be more mentally prepared. I need to brush up on the non-medical stuff. Hopefully, next time I will be better prepared."

Competitors were subject to all warfare conditions that an Army medic may encounter while in combat. In the weeklong practical test, Soldiers were surrounded by explosions and small-arms fire. Testing their nuclear, biological and chemical readiness, billows of colored smoke engulfed Soldiers out in the field, who then had to demonstrate their proficiency and skill while under a chemical attack.

Soldiers had to work their way through the wooded and hilly terrain of Camp Bullis, avoiding attacks and navigating their way through the woods both day and night, stopping to assist a n d

assess the wounded. The care of the wounded comes first. Soldiers had to demonstrate one and two-person carries and drags, and litter carries.

The night before the grand finale some candidates had to retake the 100-question written test that covered both medical and warrior skills that are performed during deployments. Candidates must receive a score of 75 to pass.

The EFMB competition culminated with an exhausting 12-mile road march where Soldiers had to carry an M-16 rifle and a backpack filled with equipment. The road march has to be finished within a three-hour time limit.

On the last day of the competition, 35 of the original 176 candidates successfully completed this year's competition.

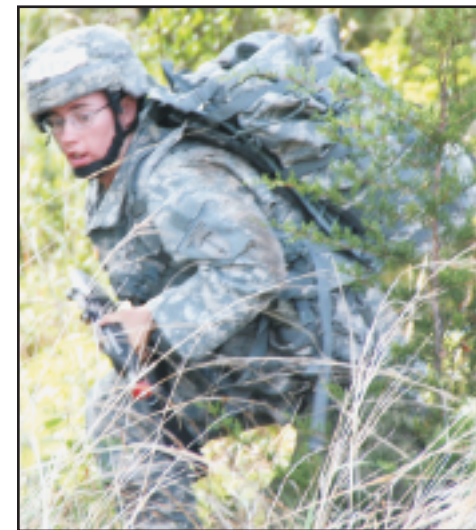
Staff Sgt. Cedric Griggs, a combat medic instructor/writer assigned to G Company, 232 Medical Battalion here, earned the badge as well as the title of Distinguished Honor Graduate.

"I thought the competition was very challenging," Griggs said. "To be able to complete the tasks without any 'no-gos' was a surprising achievement for me. But if it wasn't for my battle buddies in my tent helping me study, I don't think I could have achieved such an honor."

Second Lt. Stephen Krutko, a 70B health services administration officer from the 21st Combat Support Hospital, Fort Hood, Texas, was the first Soldier over the finish line, completing the road march in 2 hours, 24 minutes, 14 seconds. "The badge sets the standard of excellence," he said. "For me personally as a lieutenant, it gives me a lot of credibility with my Soldiers. I know what they have to go through and what they have to overcome."

Col. John Cook, commander, 32nd Medical Brigade, congratulated the graduates during the EFMB's closing ceremony.

He also took the time to recognize those Soldiers who did not pass the competition. "I want to take just a moment to recognize not only those



Spc. Jacob Mormon, from Fort Benning, Ga., runs for cover from enemy fire during a surprise sniper attack on one of the three combat testing lanes at Camp Bullis Friday during the Expert Field Medical Badge competition.



(Above) Sgt. 1st Class Jata Jordan provides first aid to a downed comrade. Rendering proper first aid to the wounded is crucial during the competition.



Second Lt. Samantha Rieger, 72D environmental officer, carries a Soldier in from the scene of an attack. The one-man carry is performed on a Soldier who is not seriously injured and needs to be carried to a casualty collection point or recovery vehicle.



Col. John Cook (far left), commander, 32nd Medical Brigade, and Command Sgt. Maj. Marshall Huffman, 32nd Med. Bde. command team, pose with the 2008 Expert Field Medical Badge graduates Friday. Thirty-five Soldiers out of 176 successfully completed the EFMB competition and were awarded the coveted badge indicating that they are Army Medical Department's "best of the best."

BAMC celebrates Asian Pacific American cultures

Story and photo by Jen Rodriguez
Brooke Army Medical Center Public Affairs

True or false, there's no need to open a taxi cab's door in Japan?

True, the taxi doors open automatically and no tip is required, said Tamaki Masuda, coordinator of the Japan American Society in San Antonio Outreach.

Masuda is currently assigned to San Antonio for two years on a grant from the Japan Outreach Initiative and the Laurasian Institute, which seeks to improve the United States' understanding of Japanese people and culture by placing coordinators in selected U.S. cities.

Nor do travelers need to bring pajamas during their stay in Japan, said Masuda. "The hotel provides pajamas for the length of your stay. If you take them, you will be charged."

These are just some of the customs of Japan that Masuda shared during the Brooke Army Medical Center Asian Pacific American Heritage Month Celebration May 15. Masuda gave lessons on Japanese and business culture with

mini quizzes for an audience of more than 60 Soldiers, Family members and medical staff in the medical mall.

In the business culture, Masuda said it's customary to exchange business cards when meeting someone. "You must hold the card out with both of your hands, bow and exchange cards," she said, demonstrating. "You treat the business card as yourself."

As part of the celebration, a Filipino dance group performed dances, such as the Tinikling, a Filipino folk dance using large bamboo poles, also called the Philippine National Dance; Binasuan, where dancers gracefully balance half-filled glasses in their hands and on their head while whirling and rolling on the floor; Pandanggo sa ilaw, danced with oil lamps, balanced on

the head and the back of each hand with lively steps and hand claps; and a dance influenced by the Spanish culture with tambourines.

The celebration concluded with food samplings of sushi, pot stickers and fortune cookies.



A Filipino dance group from San Antonio perform the Tinikling dance, named for the tikling bird dodging bamboo traps set by rice farmers, May 15 during the Brooke Army Medical Center Asian Pacific American Heritage Month celebration in the medical mall. Also called the Philippine National Dance, it's the most famous of all Philippine folk dances.

STAY SAFE from P12

Welfare and Recreation Outdoor Equipment Manager John Rodriguez said, "You should also never leave children unattended in and around water and always keep basic life-saving equipment handy. If a child is missing, always check the pool first."

He emphasized that as recently as two weeks ago, there was an incident involving a fatality where someone neglected to check the pool first and it resulted in a tragic loss of life.

Additionally, the U.S. Army Combat Readiness Safety Center reports that recreational boating accidents are also the second leading cause of transportation-related fatalities after automobile accidents.

An overwhelming majority of the boat operators involved in these accidents had never taken a boating safety course and more than 50 percent of them were legally intoxicated at that time of the accident.

Water safety applies to water parks, lakes, rivers and the beach. Whether swimming, surfing or scuba diving, water safety is everyone's business.

Did you know?

In addition to deer and peacocks, the Quadrangle was home to an alligator?

The San Antonio Daily Light reported April 24, 1899, that the Quadrangle contained 30 deer, swans, an alligator, peafowls and some unspecified "interesting things."

Do you suppose the Safety Office knew about the alligator?



Religion

Catholic priest solicitation

The Southern Region Contracting Center-West at Fort Sam Houston is soliciting for a Catholic priest. The solicitation will close Wednesday. For more information or a copy of the solicitation, call Belinda Kent at 295-4932 or Wendy Hercules de Samuels at 221-3802.



WOULD YOU LIKE TO LIQUIDATE YOUR CREDIT CARD DEBT?

IT CAN HAPPEN.

The Financial Readiness Program at Army Community Service offers this service. For more information, call 221-1612.



Notice of public meeting to discuss budget, proposed tax rate

The Fort Sam Houston Independent School District will hold a public meeting May 29 at 10 a.m. in the Professional Development Center located at 1908 Winans Road, San Antonio. The purpose of this meeting is to discuss the school district's budget. Public participation in the discussion is invited.

Comparison of proposed budget with last year's budget

The applicable percentage increase or decrease (or difference)

in the amount budgeted in the preceding fiscal year and the amount budgeted for the fiscal year that begins during the current tax year is indicated for each of the following expenditure categories:

- Maintenance and operations - 7 percent increase.
- Total expenditures - 7 percent increase.

Fund balances

The following estimated balances will remain at the end of the current fiscal year and are not encumbered with or by a corresponding debt obligation, less estimated funds necessary for operating the district before receipt of the first state aid payment:

- Maintenance and Operations Fund Balance(s) - \$5 million.

- Interest & Sinking Fund Balance(s) - \$0.

Cole Middle School basketball camp

A Cole girl's basketball camp for students in sixth through eighth grade will be held June 9 to 12 from 9 a.m. to 1 p.m. at the new Cole High School gym. Students who pre-register by Friday will pay a \$50 per student registration fee and receive a free T-shirt. After Friday the registration fee will be \$60 per student and fees are non-refundable. Students will receive registration confirmation by mail. For more information or to register, call Tara Bates at 368-8729 or e-mail Coach Guerrero at cguerrero@fshisd.net.

Fort Sam Houston Independent School District

Weekly Campus Activities – Monday through May 31

Fort Sam Houston Elementary School

Monday

Memorial Day - student/teacher holiday

Tuesday

Library closed for inventory

May 29

Step up and fly high

FSHISD monthly school board meeting

in Professional Development Center, 11

a.m.

May 30

PBS nine week water works celebration

Robert G. Cole Middle and High School

Monday

Memorial Day - student/teacher holiday

Tuesday

Senior exams - first and second periods

Wednesday

Senior exams - third and fourth periods

May 29

Senior exams - sixth and seventh periods

FSHISD monthly school board meeting

in Professional Development Center, 11 a.m.

May 30

Fifth grade orientation, 2 to 2:45 p.m.

Senior exams - fifth and eighth periods



Recreation and Leisure

Women's golf clinic

A women's beginner golf clinic will be held today and May 29 at the Fort Sam Houston Golf Club. All sessions are held from 6 to 7 p.m. Each session is \$120. For more information, call 355-5429.

Youth horsemanship camp

Registration for the 2008 Summer Youth Horsemanship Camp are now being held. There are eight, five-day sessions to choose from; each session is Monday through Friday from 9 a.m. to 3 p.m. The first session begins June 9 and the last begins

Aug. 4. All youth between ages 7 and 17 will learn proper riding form and how to care for a horse. The cost is \$195 per session and there is a \$25 non-refundable fee required to register for class. For more information, call the Equestrian Center at 224-7207.

Summer junior golf camp

Summer junior golf camp registration is being held for the June 2 to 6 and June 16 to 20 sessions. Each session's held Monday through Friday from 8 to 10 a.m. The camps will instruct students on putting, chipping, etiquette, safety, irons, driver and fairway woods, and rules. Sessions are open to youth ages 7 to 16. The cost is \$70. Register early; space is limited. For more information, call James Benites at 355-5429.

Gun hunter education class

A two-day Gun Hunter Education Class will be held June 14 and 15 from 8 a.m. to 3 p.m. at the Camp Bullis Outdoor Recreation Center. The \$15 registration fee is payable on the first day of class. Reservations are required; space is limited. The class is mandatory for rifle hunters who

want to hunt on Camp Bullis. Firearms cannot be brought onto Camp Bullis. For more information or to register, call 295-7577 or 295-7529.

San Antonio Missions Baseball Military Appreciation Night

Fort Sam Houston Soldiers and Families are invited to attend the San Antonio Missions Baseball Military Family Appreciation Night June 16 at Wolff Stadium. The game begins at 7:05 p.m. There will be several pre-game activities for the military and general public to partic-

ipate in. This game is one of three military appreciation nights sponsored by the Missions in honor of the military. Ticket vouchers can be picked up beginning June 9 at the Fort Sam Houston Ticket Office located in the Sam Houston Club with a limit of four vouchers per person. The vouchers may be converted to free general admission tickets at Wolff Stadium or used to upgrade the seats with a small additional payment. For more information, call 221-2606 or 221-9904.

3-D archery shoot

The next 3-D archery shoot will be held June 28 and 29.

Registration is 8 to 10 a.m. This competitive shoot includes 30 3-D animal targets placed at unknown distances ranging from 10 to 40 yards in woodland settings. Awards are given to the top three in each class. The cost is \$15 per person June 28 and \$15 per person June 29 for competitive and \$10 for non-competitive shoot. Minis and cubs shoot free with a paid adult, and a playground is available for younger children. For more information, call the Camp Bullis Outdoor Recreation Center at 295-7577.

See MWR P24

Asian Pacific American heritage trivia

1. Who is the martial arts superstar who made his American debut in "Lethal Weapon 4?"

2. Who played Mr. Sulu in the original Star Trek series?

3. The Korean equivalent to "hello" in English means peace be with you. What is the basic Korean greeting equivalent to "hello" in English?

4. Who is the Oscar-nominated director of "The Sixth Sense?"

Submit Asian Pacific American heritage trivia answers to julie.vasquez@amedd.army.mil. A prize will be awarded to the first two people to submit the correct answers.

The answers to last week's Asian Pacific American heritage trivia questions are:

1. Which Korean born conductor was appointed the Bruno Walter resident conductor of the San Antonio Symphony in 2004?
Answer: David In-Jae Cho came

to the United States from Korea in 1985.

2. Who was the first Asian and Chinese American to perform a spacewalk? What year did this event occur?

Answer: Leroy Chiao, 1994

3. What island was nicknamed "Ellis Island of the West" because it was a major immigrant processing station in the early part of the 20th century?

Answer: Angel Island

4. Who was the first female Asian American elected to Congress and what year was this election?

Answer: Patsy Takemoto Mink, 1964

5. Who is the stand-up comic who starred in "All-American Girl," the first Asian American sitcom?

Answer: Margaret Cho

The winner of last week's Asian Pacific American heritage trivia contest was Paul Park.

MWR from P23**'An American Girl' contest**

The Keith A. Campbell Memorial Library will hold "Kit Kittredge: An American Girl" contest through June 29. Anyone between the ages of 6 and 16 and an authorized patron of MWR facilities can register during each visit to the library with a limit of once per day. The winner of the drawing will be awarded a "Kit Kittredge: An American Girl" book set. While at the library, visit the computer room and log onto www.armymwr.com to enter the online contest and drawing to win the grand prize, which includes a \$1,000 shopping spree at an American Girl store nearest to the winner's location. For more information, call 221-4702 or visit www.fortsamhoustonmwr.com.

Aquatic Center opens

The Aquatic Center will be open daily from 12 to 8 p.m. beginning Friday. Admission is free. For more information, call 221-4887 or 221-1234.

Dining and Entertainment**Hebrew National Fan-tastic Promotion**

Fort Sam Houston Morale, Welfare and Recreation and Hebrew National

are offering the Fan-tastic Summer promotion at Mulligan's at the Fort Sam Houston Golf Course and the Strike Zone at the Fort Sam Houston Bowling Center. Buy six Hebrew National hot dogs and get one free during the Fan-tastic Summer promotion now through July 31. Submit a completed frequency card at Mulligan's or Strike Zone for the Army-wide sweepstakes drawing to win a trip to watch the New York Yankees play in one of the last games in the old Yankees stadium. The trip includes four tickets behind home plate, airfare, lodging and spending cash. Other great prizes include his and her DreamSeat recliners, a 36-inch flat screen television, digital sports camcorder with 10x zoom, Xbox 360 with ESPN base-ball game, and a \$150 gift card from the www.mlb.com online shop. Visit www.mwrpromotions.com for official rules and regulations. For more information, call 221-2606.

Coushatta Casino Resort trip

The MWR Ticket Office and the Sam Houston Club will sponsor a trip to the Coushatta Casino Resort in Kinder, La. The bus will depart from the Sam Houston Club June 10 at 7 a.m. and return June 11 at 10 p.m. The cost is \$49 per person and

includes roundtrip motor coach transportation, overnight hotel accommodations, continental breakfast at hotel and one \$23 coupon from the casino. Patrons must be at least 21 years old and possess valid photo identification at all times. Make reservations at the ticket office by June 1. For more information, call 226-1663 or 224-2721.

Sam Houston Club**Latin Night**

Spice up the weekend with Latin Night at the Sam Houston Club May 30 from 9 p.m. to 1 a.m. The cover is \$5 per person. Enjoy the sounds of DJ Papote and the rhythms of the Latin band Son Cache as well as drink and draft specials. Doors open at 8:30 p.m. with no cover until 9 p.m. Hors d'oeuvres will be served from 10:30 to 11:30 p.m. Patrons 18 years of age and older are welcome and must be 21 years old to buy or consume alcohol. The dress code is casual attire: no hats, athletic attire, shorts or T-shirts are allowed. Management reserves the right to refuse entry into the Sam Houston Club. For more information, call 224-2721 or 224-2722.

Lunch at the Sam Houston Club

Stop by the Sam Houston Club during the week for a buffet-style lunch from 11 a.m. to 1 p.m. Tuesdays through Fridays. The cost is \$6.95 for members and \$7.95 for non-members, which includes beverage, deluxe salad bar, soup and dessert. For more information, visit the Sam Houston Club page on MWR's Web site at www.fortsamhoustonmwr.com or call 221-2721.

Karaoke Fridays

The Sam Houston Club will offer free karaoke every Friday at 7 p.m.

See MWR P25**MWR from P24**

Practice vocals or just have fun with friends to celebrate the end of another long work week. For more information, call 224-2721.

Harlequin Dinner Theatre**'Picnic'**

The Harlequin Dinner Theatre will present the play "Picnic" by William Inge through June 21. Tickets are \$28 Wednesdays and Thursdays and \$31 Fridays and Saturdays. The doors open at 6:15 p.m. for salad bar and cocktails, with a buffet from 6:30 to 7:30 p.m.; the show begins at 8 p.m. Military discounts are available. For more information or reservations, call 222-9694.

Auditions: 'A Month of Sundays'

The Harlequin Dinner Theatre will hold open auditions Monday and Tuesday from 7 to 8:30 p.m. for "A Month of Sundays," a comedy by Bob Larbey. William Champlin will be directing. There are roles for three men and three women, as well as other volunteers such as assistant director, stage manager, light and sound technicians, and props and stage crew. Performances will be Wednesday through Saturday evenings from July 9 through Aug. 9. For more information or directions, call 222-9694.

MWR Ticket Office

The MWR Ticket Office is open Tuesdays through Fridays from 10 a.m. to 5 p.m. Discounted tickets are available for local attractions as well as theme parks such as Disney World and Universal Studios. For

more information, visit www.fortsamhoustonmwr.com or call 221-1663 or 224-2721.

Child and Youth Services**Summer camp registration**

Summer camp registration for School Age Services and Middle School/Teen will take place at Central Registration, Building 2797, from 8 a.m. to 5 p.m.; after 4 p.m. will be by appointment only. Registration will be ongoing until slots are filled. Patrons must be registered with Child and Youth Services. Children with special needs will require a meeting prior to registration. For more information and a list of required documents, call 221-4871 or 221-1723.

Parent Advisory Council

A Child and Youth Services Parent Advisory Council meeting will be held June 17 from 11:30 a.m. to 12:30 p.m. at the Child Development Center. PAC meetings are held the third Tuesday of each month. Lunch will be provided. All CYS patrons are encouraged to attend. This is an opportunity to meet staff, attend parent workshops and learn about

upcoming events. For more information, call 221-4871 or 221-1723.

FCC providers

Family Child Care seeks Family members interested in becoming certified FCC providers. There is a no-cost start-up plan. For more information, call 221-3828.

Army Community Service**Battlemind training**

The next Battlemind training for Families will be held Wednesday from 9 to 10 a.m. at Army Community Service, Building 2797. This training is part of the Battlemind Training System and will focus on helping Soldiers and Families prepare for deployment. For more information or to register, call 221-2705 or e-mail samh.ac.mob.deploy@conus.army.mil.

Newcomer's Extravaganza

The next Newcomer's Extravaganza will be held Tuesday from 9:30 to 11 a.m. Newcomers to Fort Sam Houston are invited to stop by and meet representatives from on and off post organizations available to meet needs. This event is mandatory for all permanent party military mem-

bers E-1 through O-6 within 60 days of arrival to Fort Sam Houston. Commanders and supervisors are encouraged to allow Soldiers and civilian employees administrative time to attend. Children are welcome. For more information, call Army Community Service, Relocation Assistance Program at 221-2705 or 221-2418.

AFTB Level 1

The Army Family Team Building Level 1 course (Army 101) will be held June 2 and 3 from 9 a.m. to 2 p.m. at Army Community Service, Building 2797. The course offers insight on the basics of the Army. For more information, or to register, call 221-2705 or e-mail emmy.elliott@conus.army.mil.

Basics of Breastfeeding

The Basics of Breastfeeding will be held June 3 at Army Community Service, Building 2797, and provides current information and tips to make the early days of breastfeeding a positive experience. Attendants will receive a copy of "The Womanly Art of Breastfeeding." For more information, call 221-2705.

Stress management

The next stress management class will be held June 10 from 11 a.m. to 12:30 p.m. at Red Cross, Building 2650. The class is struc-

tured to help increase ability to recognize signs of stress and the affect it has on our lives. It also provides coping strategies to help make informed decisions. For more information or to register, call 221-0349 or e-mail thelma.t.kegley@us.army.mil.

Single parenting

A single parenting class will be held June 16 from 11 a.m. to 12:30 p.m. at the Red Cross, Building 2650. The single-parent Family creates a new set of challenges and concerns that are unique. The class discusses issues such as changing roles, co-parenting, dating, financial responsibilities and many other topics affecting Families. For more information or to register, call 221-0349 or e-mail thelma.t.kegley@us.army.mil.

Commanders training

The Family Advocacy Program Commander and Senior Leader Training course is available for new commanders, first sergeants and senior leaders the second Thursday of every month from 8 to 10 a.m. at Army Community Service, Building 2797. The training needs to be completed within 45 days upon assumption of the positions. To register, call 221-0349 or e-mail thelma.t.kegley@us.army.mil.



Community

Events

Wranglers' Military Appreciation Night

The Austin Wranglers will salute the men and women of the armed forces during Military Appreciation Night Saturday. The doors will open at 5:30 p.m. and the kick-off is at 7 p.m. Watch as the Wranglers battle the Spokane Shock, and witness a variety of on-field promotions including rappelling from the rafters, military branch recognition, a "Fallen Heroes" moment of silence, ceremonial coin toss, a reenlistment ceremony and more. Immediately following each game, fans are invited onto the field for the post-game autograph session. Tickets are available at the MWR Ticket Office. For more information, call 221-9904.

'Texas Toy Soldier Show'

The 2nd annual "Texas Toy Soldier Show" will be held Saturday from 9:30 a.m. to 3:30 p.m. and Sunday from 10 a.m. to 2 p.m. at Bolivar Hall, La Villita, 418 Villita Street, San Antonio. The show features historical miniatures, toy Soldiers, metal, plastic, die cast, figures, planes, tanks, and more. Open to the public. The cost is \$5 for adults and children 12 and under are free. Children receive a bag of toy Soldiers. For more information, call 760-723-6583.

Soccer tryouts

The Alamo Heights Fort Sam Houston Soccer Club will hold tryouts for Under 12 to U14 girls Tuesday and

Wednesday from 6 to 7:45 p.m.; U12 to U14 boys May 28 and 29 from 6 to 7:45 p.m.; U15 to U18 boys and girls May 29 from 7 to 8:30 p.m. and May 30 from 6 to 7:30 p.m. at the Fort Sam Houston game field. For more information, visit www.ahfsh.org or e-mail training@ahfsh.org.

Golf tournament

The Alamo Chapter-Association of the U.S. Army will sponsor the "For the Soldier" golf tournament June 9 at 1 p.m. at the Fort Sam Houston Golf Course. The tournament will help the chapter's continuing efforts to provide support to the Soldiers and community programs. To sign-up teams or enter individually, visit the Fort Sam Houston Golf Course or www.alamochapterausa.org. For more information, call retired Col. Brad Freeman at 383-2728.

Juneteenth celebration

The Juneteenth Coalition Board invites everyone to participate in all 2008 Juneteenth activities June 19 at 10 a.m. at the Juneteenth Freedom Parade. The parade will begin at Palmetto and Wyoming at the Buffalo Soldiers Camp Ground. For more information, call Oscar Vicks at 289-7683.

Scholarships available

The Air Force will award 25 college-bound students \$1,000 scholarship towards tuition. Current Air Force Club members, their Family members and grandchildren, who are eligible, can write an essay as their

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entry for scholarship consideration. Complete program information and rules are available at the Gateway Club at Lackland Air Force Base. All entries must be submitted to the Gateway Club no later than July 1.

Training

Adult cardiopulmonary resuscitation class

The American Red Cross adult cardiopulmonary resuscitation course will be held June 7 at the Morale, Welfare and Recreation Outdoor Recreation Center, Building 1111, Forage Road. Session 1 will be held from 8 a.m. to 12 p.m. and session 2 from 1 to 5 p.m. The course is offered to active-duty military, retirees, Family members and Department of Defense employees and their Families. The cost is \$20 per person. For more information or to register, call 221-5224, 221-3355 or 582-1939.

Enterprise web training

Hands-on training on Enterprise Web Army Medical Department Electronic Forms Support System will be available on the following days:

- June 2 from 8 to 11:30 a.m. and 12:30 to 4 p.m. at Brooke Army Medical Center Information Management

Division classroom, lower level.

- June 3 from 8 to 11:30 p.m. and 12:30 to 4 p.m. at BAMC IMD classroom, lower level.
- June 10 from 8 to 11:30 a.m. and 12:30 to 4 p.m. at BAMC IMD classroom, lower level.
- June 11 from 8 to 11:30 a.m. at BAMC IMD classroom, lower level.
- June 17 from 8 to 11:30 a.m. and 12:30 to 4 p.m. at Army Medical Department Center and School, Building 2841, Room 2105C.
- June 18 from 8 to 11:30 a.m. and 12:30 to 4 p.m. at AMEDDC&S, Building 2841, Room 2105C.
- June 23 from 8 to 11:30 a.m. and 12:30 to 4 p.m. at AMEDDC&S, Building 2841, Room 2105C.

For more information or reservations, call Julie Gueller at 221-6203 or e-mail Julie.Gueller@amedd.army.mil.

Volunteer

Drivers needed for Soldier Show

Drivers are needed to help keep the U.S. Army Soldier Show on the road throughout its 25th anniversary tour. Active-duty, Reserve and National Guard Soldiers with a valid Class A driver's license are preferred. Drivers are committed for two years and will be attached to the Army Entertainment Division at Fort

Belvoir, Va. To apply, forms are available online at www.armymwr.com. Once completed, mail the form to U.S. AED Attention: Ronald Burgwyn, P.O. Box 439, Fort Belvoir, VA 22060.

Host Families needed

American Field Service USA seeks Families to host international high school students as well as teachers from around the world. AFS volunteers support Families and students during their stay. Host Families provide a bed, meals and guidance. For more information, call Diane Soto at 866-237-8721 or e-mail dsoto@afs.org.

Meetings

Retired Officers' Wives, Widows luncheon

The San Antonio Retired Officers' Wives and Widows luncheon will be held Tuesday at 11 a.m. at the Sam Houston Club. New officers will be installed and newcomers are invited to join. For more information or to make reservations, call Arline at 822-6559.

NCO Wives Club

The Fort Sam Houston Noncommissioned Officers' Wives Club invites all spouses to join them the first Tuesday of the month at 10 a.m. at the Sam Houston Club. For more information, call Angie Luna at 333-0821 or 386-8265.

For Sale Fort Freebies

For Sale: Ashley furniture, chili red sofa and oversized ottoman, \$250; Panasonic, 36-inch TV, picture-in-picture with remote, \$250; queen-size mattress and box spring with bed frame, \$75; Ashley furniture, black, round pub table with two bar stools, silver accents, \$150; various pieces of bedroom furniture, four matching Pier 1 pieces, two night stands, hope chest and unique dresser tower. Call 541-4199.

For Sale: Honeywell programmable digital thermostat, \$30. Call 221-3549.

For Sale: 2002 Yukon XL SLT, loaded, leather, sunroof, four captain's chairs, third row seat, new tires, 162K, clean. Call Don at 683-8421.

For Sale: 2007 Honda Rubicon, 550 cc 4X4 ESP, black, gun racks, rear storage and seat, folding aluminum ramps and Honda cover, \$6,800 obo. Call 295-9528.

For Sale: Projection TV, 65-inch, \$300 obo; locking tool box, fits full-size truck bed, new, \$100. Call 277-0752.

For Sale: 1993 Chevy S-10 pick-up,

Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is close of business Friday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve military members and civilian employees working on Fort Sam Houston. Real estate ads will not be published. To submit a Fort Freebie, e-mail news.leader@conus.army.mil or fax to 221-1198. Freebies run for one week unless submitter calls to renew. Limit of five items per entry. For more information, call 221-0546.

AC, locking cargo bed cover and car alarm, needs some work and a new battery connection cable, \$1,500 obo. Call Brian at 482-9195 or e-mail brian.haack@trinity.edu.

For Sale: Brown leather queen-size sofa sleeper, excellent condition, \$450. Call Sgt. Melendez at 651-6585 or 275-5380.

For Sale: Yorkshire terrier puppy, male, shots, papers, \$600 obo. Call 745-2424.

For Sale: Twin-size canopy bedroom set, headboard, footboard, six-drawer

dresser with mirror, two night stands, includes box spring and mattress, bed-spread, canopy top, and one curtain set, \$500. Call 857-9802.

For Sale: Maternity clothes, size 1X and 2X, \$2 each and up; corner computer desk, \$50; solid oak medium desk, \$40; Boston terrier, male, two and-a-half years, \$275; Evenflo double stroller, baby ride back pack, \$95. Call 633-2247.

For Sale: Pekingese, male, six months, \$250; bike trailer, tow-behind

bike, \$75; Graco twin stroller, \$125; 1990-1999 Volvo dash mat and small/medium air tailgate, \$60; bookcase, 5 feet high by 3 feet wide, \$95. Call 633-3859.

For Sale: Seven-piece, full-size bedroom set, \$650; Dunbar piano, \$600; three-drawer filing cabinet, metal, \$25; wood bookshelf, white, \$15; computer desk, vertical, \$20; bike rack, \$15. Call Sandy at 241-1291.

For Sale: Twin-size bed with frame, \$70; small table with two chairs, \$40. Call 658-8589.

For Sale: 1997 Harley-Davidson motorcycle, FLSTC Heritage Softail Classic, metallic silver/black, 16K miles, great condition, \$11,500. Call 452-7626.

For Sale: 2004 Ford F150, V6, 4.2L, automatic, runs and looks great, 39,500 miles, at Fort Sam Lemon Lot. Call 725-7797.

Free To Good Home: Female pit bull and husky mix, 45 pounds, spayed, up-to-date shots. Call 295-9174.

Garage Sale: May 31 from 8 a.m. to 3 p.m. at 5803 Valparaiso Way, off of Haussman Road (I-10 and University of Texas San Antonio Boulevard).